

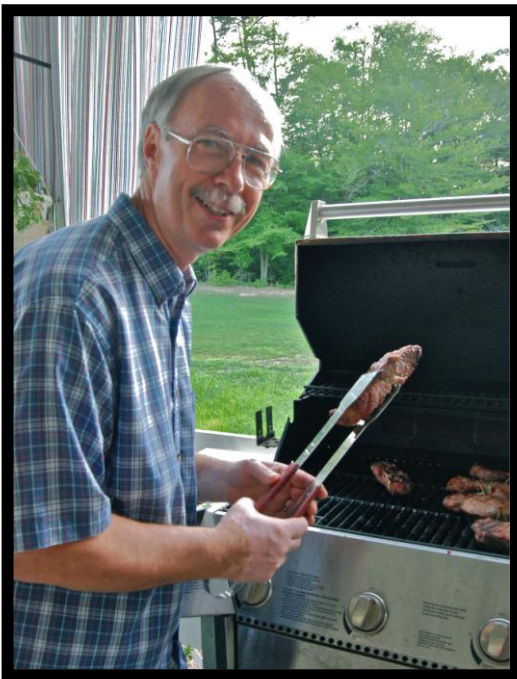
To: Newsroom Directors and Assignment Editors

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DDA and DE Beef Advisory Board bring low-salt, no-salt, heart healthy cooking to State Fair



Dick Logue

The Delaware Department of Agriculture and the Delaware Beef Advisory Board are pleased to announce that Dick Logue, no-salt, low-salt, heart healthy chef and author, will be in the Commodities and Education Buildings at the Delaware State Fair on July 30, from 1 PM – 4 PM. Logue will show fair goers how to make heart healthy foods, i.e., no-salt, low-salt, while still tantalizing taste buds or ass Logue says on his website, “Show you how to give up Sodium without giving up your life.”

Logue, who holds a “day job” in information technology in Maryland, was diagnosed with congestive heart failure more than 10 years ago. After getting the frightening diagnosis and orders from his doctor to really restrict his salt intake, he began to research low-sodium products and learned to replace salt with other delicious flavors. In the ensuing 10 plus years he has developed thousands of recipes that he has put into several cook books that are available at Amazon.com. His books not only target low-salt, no-salt, they also hone in on low- cholesterol recipes, and low-Glycemic recipes.

For more information about Dick Logue and many recipes, check his website:

<http://www.lowsodiumcooking.com/free/index.htm>

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